I am a truck driver I drive for Youngman Trucking of Redding CA.I drive atruck from Redding to Los Angles CA twice a week I listen to 222 on the XM radio and it keeps me from running into problems like I did when I didn't have XM and listened to KFIVE and heard a traffic report once every thirty minutes The way that was that when you was in the traffic jam sitting you would hear the report that said don't take that route.